

## Food No

The Newsletter of Food for People ullet The Food Bank for

## Highlights of Our 22<sup>nd</sup> Annual Holiday Spirit Food and Fund Driv By Laura Hughes, Local Food Resources Coordinator

Food for Today, Policy Change for Tomorrow
By Heidi McHugh, Community Education & Outreach Coordinator

In the last decade, American food banks like ours have seen a rapid rise in the number of people seeking food assistance. More remarkable than the increased need is the shift in demographics of those seeking assistance; namely people with full-time jobs who still do not make enough to pay for their basic needs. In response to this shift, Food for People's policy advocacy focus has expanded beyond policy that increases food access to include policy that addresses poverty and income inequality, as these problems are inextricably tied to each other.

The ways in which we engage in policy advocacy are as varied as the programs we offer. As organizers of the Humboldt County CalFresh Task Force, we

update our community partners on current and upcoming policy change opportunities during our monthly meetings and via email with requests to write legislators, sign petitions, and participate in phone call and social media campaigns.

These same opportunities are shared with our Board of **Directors** Advocacy, Community, and Education (ACE) Committee. Last year the ACE Committee partnered with California Center for Rural Policy, Locally Delicious, U.C. Cooperative Extension, North Coast Co-op, and Wildberries Marketplace to present two free community screenings of the documentary film "A Place at the Table," which focused on hunger in the United States. On-

Continued on page 3

Volunteers and staff at Food for People's Eureka warehouse have been busy sorting the tens of thousands of pounds of food donations brought in from hundreds of local businesses, organizations, and schools that participated in the holiday food drive. The tremendous outpouring of support from so many groups has been extraordinary, bringing in a record 68,988 pounds of food to help feed our friends and neighbors in need. We can't do it alone, and we are truly grateful for all the folks like you who share our vision and have pitched in to help.

Once again, the Redwood Unit of the Backcountry Horsemen of California officially kicked off our holiday season on Nov. 22 with their annual Cowboy Canned Food Convoy. Horses and their riders trekked through Old Town Eureka with saddlebags full of nonperishable food to be donated to the food bank.

businesses Many and organizations hosted community food drives and food collection barrels through November and December; some new donors got involved, and many faithful supporters returned. Some put

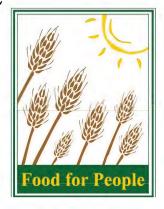
one-time on events; others hosted a food collection barrel. The Bayside Grange once again collected nonperishable food items as the price admission their annual Holiday Handmade Makers Fair, as did Blue Ox Millworks for their holiday event. Eureka Women's



Club, Eureka Brake & Automotive and Eureka Presbyterian Churc also held food drives!

In addition, over 40 of Foo for People's food collection barrels and boxes were place at holiday drop sites throughou the county, including grocer stores, banks, and other loca organizations. These drop sit locations were listed on ou annual holiday food donation bags that were distributed with th Times Standard during the wee of Thanksgiving, making it easy fo people to donate nonperishabl





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## Child Nutrition Programs Update By Carrie M. Smith, Child Nutrition Programs Coordinator

#### Backpacks for Kids & After-School Snack Program

rely on resources such as free or reduced-cost school lunch during the school year. According to the Humboldt County Office of Education, more than 50% of Humboldt County children are enrolled in the free/reduced-cost school meal program. With over 18,000 students enrolled in Humboldt County Schools according to Humboldt Education Facts 2013, that's a lot of hungry mouths to feed! For many of our

Many children in America community's children, school meals are a primary source of nutrition.

> The Backpacks Program is designed to meet the needs of hungry children at times when other resources are not available, such as weekends and school vacations. We purchase the food items in bulk from different suppliers, such as Costco and Grocery Outlet, with the goal of finding the most nutritious foods at the lowest prices.

Children are identified b teachers or administrators a the school as being at ris weekend hunger. Eac child's family must demonstrat financial need and fill out a application form. The number of children we are able t serve is based on community supplied funding and volunted support. Because of this, th program usually starts slow an participation increases as th year progresses. This year is n exception. Thanks to charitable

#### Staff

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Fund Development Director

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Mobile Produce Pantry Coordinator

Carrie Smith

Child Nutrition Programs Coordinator

Cassandra Culps

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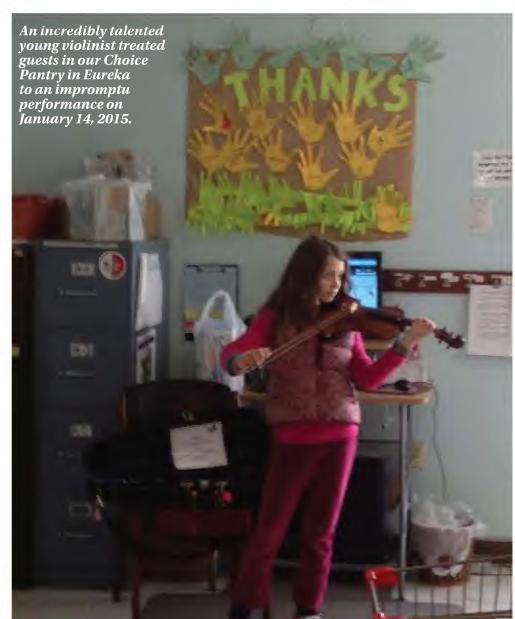
Tim Crosby

**Operations Manager** 

Peggy Leviton

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## Notes from the Director

## Warmest Thanks to Our Amazing Community

By Anne Holcomb, Executive Director



The winter issue of our newsletter is traditionally focused on thanking all the wonderful people in our community who supported Food for People in 2014, and this year is no different - with one big exception. We never could have anticipated the events that unfolded on December 22 or the amazing community response that followed. I shared some of the details in a My Word column that appeared in the Times Standard on January 9, and you can find a copy of that column on our website. But for those of you who may not read the daily paper, I wanted to do a brief re-cap and include some excerpts here.

On Monday, December 22, a tractor trailer filled with 5,000 lbs. of produce and USDA commodity foods valued at \$25,000 was headed northbound to Food for People to deliver the monthly allotment of food that would be used to supply each of our 16 food pantries. Unfortunately, the truck, which was operated by California Emergency Foodlink, a Sacramento-based food bank that has the contract to deliver to rural food banks such as ours, never made it to Eurala.

It was one of those moments in which the course of many lives changed dramatically in the blink of an eye. Food for People lost a truckload of food that day and the motorist lost his life in a scene that was nothing short of horrific as flames engulfed both vehicles and smoke billowed skyward.

Thanks to the heroic act of a local So-Hum resident named "Six" who was one of the first on the scene of the crash, the driver of the truck was able to walk away from the accident and watch as the truck she had been driving moments before turned into a fireball. We've since learned that he's had his own share of challenges in life but the bottom line is that he didn't hesitate when the crash scene unfolded in front of him, and his fast actions saved a life.

The story of what happened that day is nothing short of remarkable and is one that many of us will never forget. It's a reminder of just how important our friends and loved ones are to us and how the kindness of a stranger can touch a life so deeply. And in the hours and days after the crash, it has also become clear that there are a multitude of heroes among us.

As word of the accident spread, offers of help started to pour in. By the following morning, several local farmers who had heard that we lost 5,000 lbs. of produce stopped by with large donations of squash, root vegetables, and cabbages to help fill the void. A rancher stopped by with boxes of beef. Another person purchased \$400 worth of fruit, concerned that families waiting for their holiday food boxes might

channel financial donations in our direction, which was promoted widely by local media. Wildberries offered a \$500 matching donation to inspire others to give and the cashiers at both North Coast Co-op locations encouraged shoppers to round up their purchases or make a donation through the annual "Share the Spirit" campaign. And there were so many other kind people who called to ask how they could help and many more that stopped by with financial donations or made a contribution online. This sort of instantaneous response to an unfolding situation that was less than 24 hours old blew us away and speaks volumes to the core character of our community.

We would like to extend our very warmest thanks to everyone who came forward to help, and we'd also like to thank those who help all year round. The people we serve through our programs are often teetering on the edge financially, just one medical crisis, car repair, job loss, or other personal tragedy away from hunger and possibly homelessness. Our staff and volunteers are rock stars who work hard and never hesitate to go the extra mile to help. They know that something as simple as a little bit of food can make a difference for someone who is struggling, and sends the message that someone cares enough to help. They inspire hope and serve as a reminder that each one of us can make a difference.

As with any tragedy, life goes on and begins to resume some sort of normal rhythm. But as we move forward, we do so with the knowledge that we are surrounded by many unsuing heroes who make

## Food School Is i

By Cassandra Culps, Nutrition Edi



Above: Volunteer Anne Harris m casserole during a Cooking with

## **Food for Today**

site advocacy opportunities such as writing postcards to legislators and a post-screening community discussion of how to address hunger in Humbold County, encouraged people to make their voices heard and to do something about hunge. These screenings coincided with the reauthorization of the Farr Bill, which established funding and regulations for program like the Supplemental Nutrition Assistance Program (SNAP of CalFresh), and the Emergence Food Assistance Program, which supplies food banks nationwild with commodity foods.

Our advocacy staff member frequently present to classe at Humboldt State Universit and College of the Redwood regarding hunger on the loca and national level and how policy can either reverse o worsen these problems. This semester, our outreach staff will be advising social work major on current hunger-related legislative goals in California for their policy class.

### Help Sustain Us: Join the 800 Club

The 800 Club is our regular giving program composed of community members who donate monthly or quarterly. Many, many years ago, 800 people donating \$5 a month is what it took to cover our yearly budget. Since that time, we have greatly increased our services to children, seniors, and working families in need throughout our community. We currently provide food assistance for more than 12,000 people monthly, and our yearly budget has grown proportionately.

What remains the same is that everyone doing their part and donating a comfortable monthly amount turns into something powerful. Money we can depend upon allows us to make longterm plans while building strong foundations for our programs. Your donations will make a direct impact locally. Thank you to all 800 Club members; your commitment is making a difference and is allowing us to help where we are needed most.

It's easy to become an 800 Club member. Contact us directly to set up a monthly or quarterly charge on the credit card of your choice. Or fill out the slip on this page and send it to us. You will receive a packet of 12 envelopes to make sending in your monthly donation easy. For more information, contact Amelia Boulware, Fund Development Director, at 707-445-3166 extension 306 or amelia@ foodformoonlo org

## Tributes, Memorials, & Gift Contributions

We would like to sincerely thank those who have made donations in honor and in memory of others. Your generous donations go a long way toward helping the 12,000 people (and more) we feed each month, including children, seniors and working families in need.

You can honor a friend or family member by making a donation to Food for People. Simply add a notation to your donation. If you include an address, we'll send an acknowledgement to that person to let them know about the donation in their name or the name of their loved one. You can also let us know if there is a favorite program of theirs and we'll make sure the donation goes to their program of choice. It is a great

way to celebrate and/or honor the memory of someone you love.

If you would like to make a donation in someone's name for a birthday, special event, or holiday, we can do that too! We will let them know a generous donation has been made in their name. Just be sure to include the address of the individual so we can send them a card to let them know about your gift.

We are always happy to know more about the folks for whom you are making donations in honor or memory. Let us know if you would like to include a photo or briefly tell their story and why you wish to honor your friend or family member and we will publish it in our newsletter.



Above: Daughter and mother volunteers Olivia and Michelle help out in the warehouse in December. Below right: Volunteers from the community, including groups from the American Red Cross and North Bay Rotaract, gather on Saturday, Dec. 10, to process Holiday Spirit Food & Fund Drive food donations.

#### 

## In Memory Of

Alyx Shea Bill Cassner Charles DiCostanzo Chris Stillman David Rudin Diane L. Santigo Dr. Jack Hemmert Edward N. Pugh Father Eric Freed Florence & Howard Mayer Gene Plyley Hal Hummel Harry Jensen Isabella Phipps Jeanne Nash Íim Maffia Jon Schmitz Jose Gallego Kevin Morgan Lillian Z. Pease Marilyn Murphy Monica Johnson Ron Young Sam Brown Sister Alice Reid "Sons John & Jason &
Granddaughter Wendi"
"Steven Ray Castillo, who lost his life
the 12/12/14 truck accident" Wendy Thom

## On Conor Of 10/01/14 - 01/21/15

Amanda Brashear Ann Mason & Mark Early Anne Holcomb Beaupre Family Bernard & Johnson Family Betty & Don Hosterman



## 22nd Annual Holiday Spirit Food & Fund Drive

Continued from page 1

and many faithful returning teams. Dell'Arte International held performances of "Pippi Longstocking" across the county, collecting food donations at each show to donate to local pantries. Union Street Charter School held a food drive the last week of school before break, which they have been doing for years. St. Joseph Health brought in lots of donations and monetary support from four locations, as did Open Door Health. CalTrans outdid their previous years' generosity. We can always count on various DHHS departments to pitch in enthusiastically. We have a strong partnership with them and appreciate it. Thank you to everyone who helped make our Hunger Fighter Challenge so successful! More information about our annual Hunger Fighter Challenge, including a list of participating teams and winners, can be found on pages 6-7 and page 11.

Humboldt State University is another important partner in our holiday drive efforts. HSU's Service Learning Department has facilitated its own Hunger Fighter Challenge among both student groups and university departments for several years now, bringing in substantial donations from student and staff communities as well as from residential communities surrounding campus. Thanks to



Tyree Love, Stacy Becker, and the dedicated Service Learning interns for their ongoing support and coordination efforts.

And what would Food for People's Holiday Spirit Food and Fund Drive be without the everdelightful, and highly anticipated KHUM on-air food and fund drive week? Each year Food for People staff join our enthusiastic and fun-loving KHUM DJs for live broadcasts at various grocery stores throughout the county to highlight our efforts and meet community needs. Some store managers encouraged donations during the drive by donating register round-up totals to the cause, and offering discounts employees who donated. Thanks to the North Coast Co-op, McKinleyville Ray's, Wildberries Marketplace, Murphy's Market in Cutten, and Eureka Natural



Top: Members of the Redwood Unit of the Backcountry Horsemen prepare for the November 22 Cowboy Canned Food Convey through Old Town Eureka. Above: Richard Stancliff, manager at Ray's Food Place in McKinleyville, with Cliff Berkowitz during KHUM Week. Below: Anne Holcomb accepts a \$14,453 "Share the Spirit" check from Kelli Reese, General Manager of North Coast Co-op.



Foods for hosting our broadcasts and encouraging donations from December 1-5. Thanks also to KHUM DJs Cliff, Amy, Mike, and Larry for their ongoing dedication to fighting local hunger and supporting the food bank.

Finally, it would not have been possible to collect, sort, and distribute the tens of thousands of pounds of food donated throughout the county during this year's holiday season without the help of our very dedicated valuatours and Partry Network

a hundred drop-site locations, to tracking, sorting, packing, and stocking food donations, Food fo People relies on volunteers and our network of pantries to get the job done.

By donating a can, a dollar, of an hour, community members like you have made a real difference in the lives of Humboldt County most vulnerable residents this holiday season. Thank you for being part of the solution, and may you have a happy, healthy, and prospersus 20151

# Humbold County Department of Health&Human Services Reople help ng ipeople live beffer lives







## Thank

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This year's Hunger Fighter teams were truly champions, bringing in 11,278 pounds and \$3,055 in funds during Food for People's 22<sup>st</sup> annual *Holiday Spirit Food and Fund Drive*. More than 50 teams participated in this effort to raise the most food and funds possible during the holidays in order to help our

Gold St





## ıl Hunger Fighter Challenge!

food donations and raise funds through silent auctions or wine pours. Other groups distributed food drive information, donation bags, and donation envelopes to their employees or other community members. Some teams solicited local businesses to host additional food donation barrels. Team leaders regularly communicated with their teammates, sending progress updates and tips to keep everyone motivated.

Thank you to all our teams, and to everyone who participated this season to help make our Hunger Fighter Challenge so successful!



## er Fighter Teams











## Abel's 6th Birthday Party: Paying It Forward By Amelia Boulware, Fund Development Director

We receive many creative donations at the food bank from people who go out of their way to give back. We were recently contacted by a family whose young son wanted to donate his birthday gifts to the food bank. We asked his mother Jessica some questions about how a birthday party turned into a chance to give so generously.

How did you and Abel come up with this idea? We usually tell people presents aren't necessary but we wanted to do something to give back this year. We talked with Abel about the importance of doing good things for other people. We suggested his friends coming to his party bring something he could share with people who needed it. We gave him the option of donating toys or food—he chose food. This experience helped us teach Abel the importance of giving what you can, community responsibility, and that there is a great big world outside of what he's known. We were so very proud of his willingness to give and excitement about it all. As with any celebration, we believe it's the time spent with those you care about—not presents—but this way we were able to have quality time with our friends and family while giving back to our community.

How did you share your plans with Abel's friends? I created a Facebook invitation and sent it to the parents of Abel's friends inviting them to join us at E&O Bowling Alley for bowling, fun, and cake. In the past we've said presents weren't necessary, but this year we specified if people wanted to bring something it should be a healthy, non-perishable food item to be donated to Food for People by Abel. As we got closer to the party, I called Food for People to get an idea what type of food was most needed. I found out healthy proteins were always in high demand and I passed this information on to the parents. The party was a huge success! Kids and parents brought in lots of good and healthy food. Some parents told me their children kept reminding them they had to bring food and at least one other child said she wanted to do something similar for her birthday. Not having gift opening at the party didn't come up at all. The children (and parents) had tun bowling, playing air hockey, video games, eating snacks and birthday cake made by Abel's grandma.

After Abel's party we took him grocery shopping to choose some food items he really loves to share with other children. It was fun to go down the aisles and pick some of his special "treats" to share. We were doing some of our own shopping as well, so a few items he insisted we get extra to donate. When we arrived at Food for People we were greeted so warmly. The happiness we felt there really made the importance of Abel's action real to him. We were all so excited as the food was getting weighed—110 pounds! He was lucky enough to be given a Food for People t-shirt, and asked to wear it immediately! We are incredibly thankful to have had this experience with our son and an amazing local organization doing so much good for our community. ~

By supplementing fresh produce, dairy products and bread with the non-perishable foods you donate, Food for People can provide nutritious meals for the thousands of children, adults and elderly who suffer from hunger. Here is a list of non-perishable foods that will provide the maximum amount of nutrition for those in need. **Protein Items Canned Meats Canned Tuna** Chili/Stew **Peanut Butter** Soups Grains, Pasta & Rice **Nutritional Drinks Breakfast Cereals** Beans **Boxed & Canned Juices Canned Fruits & Veggies** The food you give goes further than you think!

Please visit our website at www. food for people. orgfor more information about our programs, staff contact information, hunger education information & resources, copies of past newsletters & annual reports, healthy recipes, and more!



## Welcome Jules, Ben, and Tim! By Deborah Waxman, Director of Programs

This winter we welcomed several new staff to our team, and are pleased to introduce them to you and to share a little more about their programs from their perspectives.

Jules Katz started in December as our new Pantry Network Coordinator, managing our countywide web of partner food pantries and meal programs.



Jules Katz

Welcome to our food bank team, Jules! Tell us a little about yourself and what brought you here. Glad to be here, thanks! After moving back to Humboldt County last summer, I sought out several organizations to volunteer with to get a better understanding of our communities' needs and the successes and challenges in meeting those needsparticularly around food security and local food production. Being a volunteer at Food for People (FFP) last summer and fall gave me insight into those questions and how FFP works to meet the need. When the Pantry Network Coordinator position opened up, I jumped at the opportunity to work here. Getting to know a lot of the staff beforehand, as a volunteer, cinched the deal for me that this is where I belong. Volunteering was fun and rewarding, and being an employee has taken it to another level. As cheesy as it sounds, I do feel honored to be part of the team to help make a difference in all of the communities we serve.

What are some of the things you've been up to as Pantry Network Coordinator the past couple months? Tell us about your job. In a nutshell, I work with all of our pantries to ensure our Pantry work is running smoothly w

makes sure all pantries are in compliance with USDA regulations and reports monthly to USDA. I also report data and outcomes to our organization and to the entities that support and provide resources to us. Secondly, there is the physical side of distributing the food. One week out of the month, volunteers help me pack pallets in the warehouse with staple food items, produce and bread, which are then transported out to pantries and meal sites. I tend to get the folks working around me to sing a lot during this week, or at least I sing and they reminisce. It makes for a fun week...I hope. And, thirdly, I develop and maintain open and friendly relationships with all the people I work with, including all of our pantries countywide, volunteers, co-workers, and our clients.

We support communities from Orick to Hoopa to Bridgeville to Garberville and many in between. I am learning about the needs of each pantry community and will be for some time. I am starting to meet the teams at each site to see how their operations run and to get a feel for their successes and challenges. The relationships the pantries have built within their communities are vital to their success in securing local donations and cultivating volunteers to help feed and nourish their communities. I am excited to get out in the field and meet more of the pantry leaders and volunteers around the county!

You spend some of your time providing support and guidance to our on-site Choice Pantry. Can you provide us with a few highlights about that and the team you work with? The team here is amazing. The pantry and warehouse run like a machine, but with the human touch. There is a very strong and genuine "I've got your back" spirit here that has made it much easier to learn the ropes of the operation. A recent highlight was having a 10 year old girl play her violin for everyone in the lobby. It was very impromptu, which made it all that more special for all of us.

What's the best part of your job so far? That's easy: it's the people: the

Tim Crosby, formerly our Mobile Pantry Coordinator, stepped into the role of Operations Manager in December, and shares with us what it's like.

Tell us a little about yourself and your new role as Operations *Manager.* I've been with Food for People for the last several years as the Mobile Produce Pantry Coordinator, and as a long term volunteer prior to that. My partner and I moved here to Humboldt about five years ago from Oakland. All those years of vacationing here on the North Coast finally convinced us to make the move. Earlier experiences include stints as a brewer, cabbie, roadie, bartender, and magazine editor. Any spare time I have is usually filled with library visits, small batch coffee roasting, and wrenching on my vintage motorcycle sidecar rig.



Tim Crosby

What are some of the things you've been up to as Operations Manager in your first month? Honestly, I've just been trying to wrap my head around all the various duties involved in this position. My predecessor has left me some big shoes to fill. One example is coping with the loss of one of our commodity supply trucks last month. You may remember the big rig accident and fire near Benbow in late December. While we'll eventually be replenished for some of that load, it has caused a bit of scrambling in the short term. In addition to scheduling, facilitating, and tracking product flow into and out of the warehouse, one of my most important duties is to act as a liaison between all of our various programs (14 in total). Keeping a finger on the pulse of the how, where, and when all our Program Coordinators need food or support for their programs is vital.

What's the best part of your job so far? I like the constant flux the corobral enroadches

with staff, volunteers, and communit partners.

Ben Allen started in January a our new Mobile Produce Pantr Coordinator, and shares with u what it's like to coordinate Foo for People's newest distribution program.

We are excited to start the new year with you on our team. Tell u a little about yourself and wha brought you here. I am equall excited to be joining the Food Fo People team. I was raised in Crescer City, attended HSU, lived in Seattl for a number of years and returne to the area about 3 1/2 years ago. am heavily involved in many aspect of music and enjoy spending tim with my family and friends. I ha heard much about Food for Peopl and knew it was an organization wanted to be involved with. While was happily employed at Mad Rive Community Hospital for over thre years, after interviewing for th Mobile Produce Panty Coordinate position, I felt strongly that FFP wa a great fit for me and where I wante to be.

What are some of the thing you've been up to as Mobile Produc Pantry Coordinator in your firs month? I have been to all of ou produce distribution locations an distributed produce to hundred of people. I've thoroughly enjoye meeting so many people in areas of the county that I had rarely (or never visited before. It has been a grea learning process, and working wit and getting to know the staff here ha been wonderful.

Each of Humboldt communities is so unique, an you really get out there, especiall to some of the far reaches of th county. What is it like? The sceni

I want to become a vole
Call 707-445-3166 or ema
Or fill out and send in:
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## Food for People

The Food Bank fo 307 W 14th St., Eure (707) 445-3166 www.foodforpeople.on

Thank you to all of the individuals, businesses, churches and organizations who joined us in the fight against loca helped make our 2014 Holiday Spirit Food & Fund Driv

#### **HUNGER FIGHTER GOLD STAR WINNERS**

CalTrans

Cuddly Bear Thrift Shop Dell'Arte International Humboldt County DHHS Social Services

Federal Building, Arcata Humboldt Community Access &

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Redwood Unit of the Backcountry Horsemen

of CA (Cowboy Canned Food Convoy) Sequoia Gas Company

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American Red Cross

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Changing Tides Family Services

Coastal Grove Charter School

Department of Rehabilitation - State of CA

Humboldt County DHHS Social Services-

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Kiwanis Club of Henderson Center

LACO Associates

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St. Joseph's Health Humboldt County St. Joseph's Health Community

Partnership Fund

Union Labor Health Foundation

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Makers Fair

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Redwood Community Action Agency

Scrappers Edge

Six Rivers Montessori School

Tri-Counties Bank United Bikers of Northern California

#### FOOD DROP-OFF BARREL HOSTS

Advance America

Bank of America

Murphy's Markets

North Coast Co-op Ray's Food Place

Safeway

U.S. Bank

Wildberries Marketplace

#### Blue Lake

Blue Lake Community Resource Center

Bridgeville Elementary School

U.S. Post Office

Swain's Flat Outpost

#### Eureka

Grocery Outlet

Les Schwab Tire Center

Murphy's Market North Coast Co-op

Northern CA Community Blood Bank

Safeway

U.S. Bank

Ferndale Ferndale Community Church

U.S. Bank

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## Volunteer Spotlight: Q & A with Emily Abfalter from Umpqua Bank Farewell to Andy and Darci



We are so very grateful for generosity, Emily's positive attitude, and exceptional work. Thank you Emily and Umpqua

*Tell us about your work.* I work at Umpqua Bank in McKinleyville as a Universal Associate. I've been with Umpqua for a little over three years and my title means that I can assist customers with all their financial needs, from opening new accounts, helping with loans, to taking deposits.

Tell us a little about Umpqua Bank's program that allows you to leave work to volunteer on a regular basis. Umpqua Bank's volunteer program, called "Connect," provides associates with paid time off to volunteer at youth-focused organizations,

schools, and community development programs. The goal is for us to create a positive change within our community. Since I am a full time associate, I am able to volunteer up to 40 hours a year. In total, associates volunteered more than 53,450 hours through Connect in 2014, each person bettering our communities in their own way.

Each associate gets the opportunity to choose where they volunteer their time. I learned about Food for People from another associate who volunteered there and was moving away from the area. She had nothing but positive things to say so I decided to replace her when she was unable to continue volunteering.

How long have you been volunteering at the food bank? I have been volunteering at the food bank for two and a half years. I try to volunteer for an hour each week and write the thankyou notes for the people in our community who have donated to Food for People.

How has your perception of Humboldt County been affected by your time at the food bank? I've realized the need our community has for programs like Umpqua Bank's Connect and all the great support Food for People offers. I moved to Humboldt County to attend HSU 9 years ago and didn't realize how many families are in need of food assistance until volunteering at the food bank. ~

## Make New Friends, But Keep the Old





Darci Gibson

Food for People will miss our hardworking outgoing Pantry Network Coordinator, Darci Gibson. Her friendliness made her a natural at getting to know and support the coordinators and volunteers across our countywide network of food pantries. She was a team player who held our mission close to her heart and always lent a hand to anyone and any food bank program in need of it. We wish her the best in her next adventures! \*

Food for People bids a tearfu farewell to seven-year employe Andy Nieto, who started out a our Child Nutrition Program Coordinator before moving int the role of Operations Manage a position she held for fiv years. Andy continually shape Operations logistics to best kee up with the details of the foo

Andy Nieto

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Our newsletter is printed on 100% recycled paper using soy inks. All paper waste generated in the process of printing is sent directly back to the paper mill for recycling.



#### Food for People Wis

Our goal of giving everything back to t challenging and sometimes we go without any of the following items? Gifts have value. (\*Contact us for details.)

> An open/closed sign Large bookshelf for recept